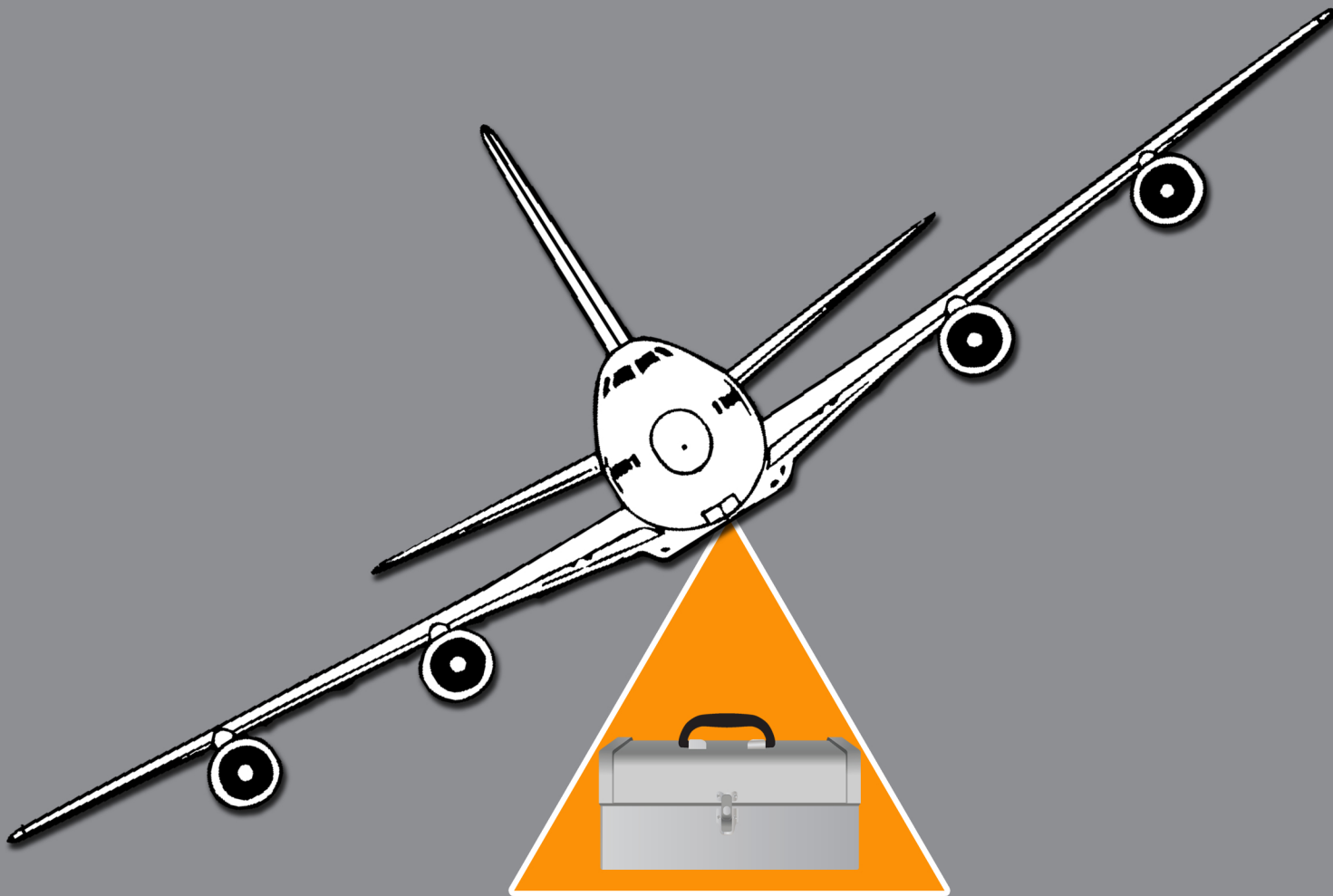


WHOA!

GET SOME BALANCE!



STRUGGLING TO BALANCE YOUR TIME BETWEEN FAMILY, SLEEP, AND WORK?
MAKE A PLAN!



Plan fun times with family and friends. Make dates to share special activities.



Plan for sleep. Stick to the same sleep schedule even on days off.



Plan for work. Get 8 hrs of sleep to be fit for duty.

FOR MORE INFORMATION, GO TO:
MXFATIGUE.COM OR HFSKYWAY.FAA.GOV



**Federal Aviation
Administration**